

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Vitamin D3 (cholecalciferol) (µg)

Food Subset: All Foods
Ordered by: Food Name
Measured by: Household
Report Run at: September 18, 2016 04:28 EDT

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
04609	Animal fat, bacon grease	4.3	1.0 tsp	0.1
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	0.0
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.0
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	0.0
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	0.0
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.3
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.3
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.3
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	0.4
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.3
03194	Babyfood, cereal, Rice, dry, fortified	2.5	1.0 tbsp	0.2
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.3
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.3
03213	Babyfood, cookies	28.35	1.0 oz	0.0
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	0.0
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	0.0
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	0.0
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	0.0
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	0.0
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	1.1
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	1.1
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	0.0
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	0.0
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	0.0
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.0
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	0.0
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.0
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	0.0
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	0.0
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	0.0
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.1
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.0
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.0
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	0.0
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	0.0
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.0
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0.0
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	0.0
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	0.0
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	0.0
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	0.0
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	0.0
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	0.0
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	0.3
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	0.0
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	0.0
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	0.3
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	0.0
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	0.0
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	0.0
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.0
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.0
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.0
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.1
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.1
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.0
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	0.0
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	0.0
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0.0
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	0.0
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	7.0	1.0 serving	0.0
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	0.0
07974	Bacon, turkey, low sodium	15.0	1.0 serving	0.0
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.0
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.1
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.2
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.3
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.3
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.3
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.3
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.2
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.1
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.2
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.1
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.1
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.2
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.1
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.1
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.1
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.1
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.1
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.1
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	0.1
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0.1
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.1

NDB_No	Description	Weight(g)		Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0		3.0 oz	0.1
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0		3.0 oz	0.1
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0		3.0 oz	0.1
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0		3.0 oz	0.2
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0		3.0 oz	0.3
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0		3.0 oz	0.3
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0		3.0 oz	0.3
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35		1.0 oz	0.0
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35		1.0 oz	0.0
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35		1.0 oz	0.0
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35		1.0 oz	0.0
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35		1.0 oz	0.0
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)		0.9
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0		3.0 oz	0.3
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0		3.0 oz	0.3
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0		3.0 oz	0.2
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0		3.0 oz	0.2
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0		3.0 oz	0.1
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0		3.0 oz	0.1
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0		3.0 oz	0.1
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0		1.0 steak	0.1
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0		3.0 oz	0.1
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0		1.0 steak	0.1
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0		3.0 oz	0.1
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0		1.0 steak	0.1
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0		3.0 oz	0.1
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0		1.0 steak	0.1
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0		3.0 oz	0.1
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0		1.0 steak	0.1
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0		3.0 oz	0.1
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0		1.0 steak	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.1
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.2
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.1
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.1
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.2
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.1
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.1
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.2
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.1
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.1
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.1
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.1
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.1
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.2
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.1
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.1
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.2
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.1
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.1
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.1
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.1
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.1
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.1
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	0.2
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	0.1
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.1
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.1
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.1
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.0
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.1
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.1
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.1
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.1
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.1
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.1
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	0.1
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.1
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.1
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.0
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0.1
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0.1
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.1
13350	Beef, cured, dried	28.0	10.0 slices	0.0
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.1
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.0
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.2
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.0
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.0
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	0.0
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	0.0
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	0.0
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	0.1
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.0
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	0.0
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	0.0
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.0
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.0
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	0.0
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.0
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	0.1
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.0
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	0.0
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0.0
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.0
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0.1
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.0
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	0.0
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0.0
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.0
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	0.1
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.0
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	0.0
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	0.0
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	0.1
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.0
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.0
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	0.0
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	0.0
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.0
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	0.1
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.0
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	0.0
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	0.0
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	0.1
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.0
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	0.2
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0.2
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.1
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.1
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.1
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.1
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.1
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.1
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.1
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.1
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.1
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.1
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.1
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.3
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.2
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.1
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.2
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.1
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.1
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.1
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.1
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	0.1
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	0.1
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	0.1
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.1
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.1
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.1
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.2
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	0.1
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.2
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	0.1
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.3
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	0.2
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	0.2
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	0.2
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.2
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	0.1
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	0.2
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	0.1
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	0.2
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	0.2
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	0.2
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.3
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	0.2
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.3
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	0.2
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.1
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.1
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	0.1
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.3
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	0.1
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	0.3
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	0.1
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	0.0
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	0.0
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	0.0
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.2
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	0.0
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	0.2
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	0.0
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	0.3
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0.3
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0.3
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	0.1
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	0.1
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	0.1
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.2
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	0.2
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	0.2
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	0.2
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	0.3
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	0.2
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.2
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	0.1
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	0.2
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	0.1
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.3
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	0.2
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.3
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	0.2
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0.3

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0.3
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.5
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.7
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.2
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.1
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.2
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.1
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	0.1
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	0.2
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	0.2
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	0.7
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	0.2
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	0.0
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	0.3
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	0.3
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	0.3
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	0.2
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.2
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.2
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.2
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.2
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.2
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.2
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.2
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.2
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.1
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.1
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.2
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.2
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.1
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.1
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.1
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.2
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.2
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.1
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.1
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.1
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.1
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.2
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.2
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.2
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.2
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.2
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.2
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.2
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.2
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.1
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.1
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.1
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.1
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.1
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.2
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.1
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.1
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.1
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.1
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.2
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.2
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.2
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.2
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.2
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.2
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.2
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.2
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.4
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.2
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.6
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.4
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.2
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.3
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.1
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.0
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.0
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.4
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.1
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	0.1
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	0.1
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.1
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.1
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.1
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.0
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.2
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.2
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.1
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.0
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.0
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.2
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.0
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.2
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.1
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.2
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.2
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.2
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.2
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.1
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.1
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.1
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.2
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.2

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.1
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.0
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0.3
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.1
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.1
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.1
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.1
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.1
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.1
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.1
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.1
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.1
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.1
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.1
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.1
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.0
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.1
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.1
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.1
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.1
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.1
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.1
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	0.1
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.1
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.1
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.1
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.1
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.1
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.1
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.3
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.3
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.0
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.3
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.3
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.1
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.1
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.1

NDB_No	Description	Weight(g)		Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0		1.0 fillet	0.1
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0		3.0 oz	0.2
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0		3.0 oz	0.2
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0		3.0 oz	0.1
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0		3.0 oz	0.1
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0		3.0 oz	0.1
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0		3.0 oz	0.1
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0		3.0 oz	0.1
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0		3.0 oz	0.1
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0		3.0 oz	0.1
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0		3.0 oz	0.1
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0		3.0 oz	0.1
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0		3.0 oz	0.1
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0		3.0 oz	0.2
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0		3.0 oz	0.2
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0		3.0 oz	0.3
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0		3.0 oz	0.1
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35		1.0 oz	0.0
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35		1.0 oz	0.0
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35		1.0 oz	0.0
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35		1.0 oz	0.0
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35		1.0 oz	0.0
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35		1.0 oz	0.0
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0		3.0 oz	0.0
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0		3.0 oz	0.1
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0		3.0 oz	0.9
13323	Beef, variety meats and by-products, kidneys, raw	28.35		1.0 oz	0.3
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0		1.0 slice	0.8
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0		1.0 slice	1.0
13325	Beef, variety meats and by-products, liver, raw	85.0		3.0 oz	1.0
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0		3.0 oz	0.3
13341	Beef, variety meats and by-products, tripe, raw	28.35		1.0 oz	0.0
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4		1.0 tbsp	0.0
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6		1.0 tbsp	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	2.6
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	5.9
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	3.8
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	0.0
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	2.5
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	5.5
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	1.2
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	7.1
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	1.9
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	1.0
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	3.2
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	2.5
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	0.0
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.0
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.2
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.0
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	0.0
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	0.0
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.0
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.0
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.0
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.0
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.1
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	0.0
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	0.0
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	0.0
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.0
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	27.0	0.75 cup (1 NLEA serving)	0.0
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	30.0	1.0 cup (1 NLEA serving)	0.0
08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	53.0	1.0 cup (1 NLEA serving)	0.0
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	0.8
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	28.0	1.0 cup	0.8
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	1.0
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	31.0	0.75 cup (1 NLEA serving)	1.0
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	1.0

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	1.1
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	1.0
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	1.0
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	1.0
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	1.0
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	1.0
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	0.9
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	1.0
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	32.0	1.0 cup (1 NLEA serving)	1.0
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	1.0
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	1.6
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	1.0
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	1.0
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	1.0
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	1.0
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	1.0
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	27.0	0.75 cup (1 NLEA serving)	1.0
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	1.0
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	30.0	0.75 cup (1 NLEA serving)	1.0
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	0.0
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	1.0
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	0.0
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	55.0	1.0 cup (1 NLEA serving)	0.0
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	0.0
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	1.0
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	1.0
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	30.0	0.75 cup (1 NLEA serving)	1.0
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	1.0
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	1.0
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	1.5
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	1.3
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	30.0	0.75 cup (1 NLEA serving)	1.0
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	1.0
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	1.1
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	28.0	0.75 cup (1 NLEA serving)	1.0

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	1.0
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	0.0
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	1.0
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	0.0
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	0.0
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	1.0
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	0.0
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	1.0
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	1.0
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	2.5
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	1.0
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	1.0
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	1.0
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	2.5
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	55.0	29.0 biscuits (1 NLEA serving)	0.0
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	0.0
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	53.0	1.0 Cup (1 NLEA serving)	1.0
08706	Cereals ready-to-eat, KELLOGG SCOOPY-DOO! cereal	32.0	1.0 Cup (1 NLEA serving)	1.1
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	1.0
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	28.0	1.0 cup (1 NLEA serving)	1.0
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	31.0	0.75 cup (1 NLEA serving)	1.0
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	30.0	0.75 cup (1 NLEA serving)	1.0
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	31.0	0.75 cup (1 NLEA serving)	1.0
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	1.0
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	31.0	0.75 Cup (1 NLEA serving)	1.0
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	30.0	1.0 cup (1 NLEA serving)	1.5
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	28.0	0.67 Cup (1 NLEA serving)	1.5
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	1.0
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	29.0	0.666 cup (1 NLEA serving)	1.0
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	1.0
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	49.0	1.0 Cup (1 NLEA serving)	1.0
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	32.0	0.75 cup (1 NLEA serving)	0.0
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	31.0	0.75 Cup (1 NLEA serving)	1.0
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	1.0
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	1.0

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	1.0
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	1.3
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	1.0
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	1.2
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	1.5
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	1.0
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	1.0
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	1.0
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	1.0
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	1.0
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	1.4
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	1.5
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	1.0
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	1.1
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	1.0
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	1.0
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	0.4
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	1.0
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	2.3
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	59.0	1.25 Cups (1 NLEA serving)	1.0
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	58.0	1.25 cup (1 NLEA serving)	1.0
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	2.0
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	1.0
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	1.0
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	1.0
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	1.0
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	29.0	0.75 Cup (1 NLEA serving)	1.0
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	52.0	0.5 cup (1 NLEA serving)	1.0
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	31.0	1.0 Cup (1 NLEA serving)	1.0
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	1.0
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	1.0
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	1.0
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	1.1
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	1.0
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	1.0

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	1.0
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	1.0
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	1.0
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	1.0
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	1.0
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	1.0
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	1.0
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	1.0
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	1.0
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.0
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	1.1
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	1.0
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	1.0
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	1.0
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	30.0	0.75 cup (1 NLEA serving)	1.1
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	1.5
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	1.0
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	30.0	1.0 cup (1 NLEA serving)	0.0
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	55.0	1.0 cup (1 NLEA serving)	0.0
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	1.0
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	1.0
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	1.0
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	1.0
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	1.0
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	1.0
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	1.0
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	2.0
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	2.0
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	2.0
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	2.0
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	0.0
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	1.0
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	1.0
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	1.0
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	1.5

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	1.4
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	1.0
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	1.0
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	31.0	0.75 cup (1 NLEA serving)	1.0
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	2.5
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	0.0
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	1.0
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	2.5
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	2.0
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	2.5
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	2.5
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	2.5
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	2.0
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	52.0	1.0 Container (1 NLEA serving)	2.4
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	52.0	1.0 Container (1 NLEA serving)	2.0
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	52.0	1.0 Container (1 NLEA serving)	2.0
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	0.0
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	0.0
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	0.0
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	0.0
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	0.0
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	0.0
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.0
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	2.8
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	2.8
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	1.1
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	1.2
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	0.1
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.3
43276	Cheese spread, cream cheese base	28.35	1.0 oz	0.1
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0.6
01004	Cheese, blue	28.35	1.0 oz	0.1
01005	Cheese, brick	132.0	1.0 cup, diced	0.7
01006	Cheese, brie	28.35	1.0 oz	0.1
01007	Cheese, camembert	28.35	1.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
01009	Cheese, cheddar	132.0	1.0 cup, diced	0.8
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.2
01011	Cheese, colby	132.0	1.0 cup, diced	0.8
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.1
01017	Cheese, cream	14.5	1.0 tbsp	0.0
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.0
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	1.7
01018	Cheese, edam	28.35	1.0 oz	0.1
01019	Cheese, feta	150.0	1.0 cup, crumbled	0.6
01020	Cheese, fontina	132.0	1.0 cup, diced	0.8
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	3.3
01156	Cheese, goat, hard type	28.35	1.0 oz	0.2
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.1
01159	Cheese, goat, soft type	28.35	1.0 oz	0.1
01022	Cheese, gouda	28.35	1.0 oz	0.1
01023	Cheese, gruyere	28.35	1.0 oz	0.2
01024	Cheese, limburger	134.0	1.0 cup	0.7
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	0.1
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	0.8
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.1
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	0.1
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	0.7
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	0.7
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	0.7
01025	Cheese, monterey	132.0	1.0 cup, diced	0.8
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	0.5
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0.5
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	0.3
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	0.4
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	0.0
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.1
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0.4
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.1
01030	Cheese, muenster	132.0	1.0 cup, diced	0.8
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	0.3

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	0.4
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.5
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.1
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	0.6
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.0
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	2.1
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	0.1
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.2
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	0.8
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	0.7
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	0.7
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	0.1
01034	Cheese, port de salut	132.0	1.0 cup, diced	0.7
01035	Cheese, provolone	132.0	1.0 cup, diced	0.7
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	0.4
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.1
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.2
01038	Cheese, romano	28.35	1.0 oz	0.1
01040	Cheese, swiss	132.0	1.0 cup, diced	0.0
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	0.0
43405	Cheese, swiss, low sodium	28.0	1.0 slice	0.1
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	0.8
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0.0
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0.0
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.0
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.0
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	0.0
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	0.1
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.1
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.1
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.1
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.1
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0.0
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.1
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.0
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0.1
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0.1
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	0.0
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	0.0
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.1
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.1
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0.3
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0.3
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	0.0
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	0.1
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.1
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	0.1
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	0.1
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	0.0
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.1
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.1
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.1
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0.1
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	0.1
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.0
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.1
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.1
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.1
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	0.0
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.2
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	0.1
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.0
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.0
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	0.1
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	0.1
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	0.1
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.4
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.2
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.1
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.1
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	0.3
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	0.2
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.1
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	0.2
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.1
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.2
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.1
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.1
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.1
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.0
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	0.1
05311	Chicken, canned, no broth	28.0	1.0 oz	0.0
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	0.1
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0.1
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	0.1
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	0.3
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	0.3
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	0.1
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	0.1
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	0.3
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	0.3
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.4
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0.2

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.3
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.4
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.1
05335	Chicken, feet, boiled	28.35	1.0 oz	0.1
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0.0
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.0
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.0
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.1
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.0
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.1
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.1
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.0
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.0
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.1
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.0
11656	Corn pudding, home prepared	250.0	1.0 cup	1.2
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0.0
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.0
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.0
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.0
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	1.9
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.3
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.7
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.0
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.0
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.2
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.0
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0.0
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0.0
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0.0
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0.0
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	0.0
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	0.0
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	0.0
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	0.1
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.0
01070	Dessert topping, powdered	43.0	1.5 oz	0.0
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.7
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	0.3
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.1
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.1
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.1
01225	Dulce de Leche	19.0	1.0 tbsp	0.0
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	1.6
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	1.7
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.6
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.0
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	1.0
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	1.2
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	2.4
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.1
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.0
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.0
01128	Egg, whole, cooked, fried	46.0	1.0 large	1.0
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	3.0
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.3
01131	Egg, whole, cooked, poached	50.0	1.0 large	1.0
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	1.1
01133	Egg, whole, dried	85.0	1.0 cup, sifted	7.1
01123	Egg, whole, raw, fresh	50.0	1.0 large	1.0
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.7
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.4
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	7.0
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.9
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	1.7
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.9
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.9
01057	Eggnog	254.0	1.0 cup	3.0
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	0.5

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	0.1
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.1
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	0.2
04001	Fat, beef tallow	12.8	1.0 tbsp	0.1
04542	Fat, chicken	12.8	1.0 tbsp	0.6
04574	Fat, duck	12.8	1.0 tbsp	0.6
04520	Fat, mutton tallow	12.8	1.0 tbsp	0.1
04575	Fat, turkey	12.8	1.0 tbsp	0.6
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.5
15008	Fish, carp, raw	85.0	3.0 oz	21.0
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	0.4
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.2
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.5
15014	Fish, cisco, smoked	28.35	1.0 oz	3.8
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	1.0
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	1.0
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	1.1
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.8
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0.5
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.6
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0.6
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	19.8
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.0
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	4.4
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.8
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	0.9
15033	Fish, haddock, raw	85.0	3.0 oz	0.4
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.2
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	4.9
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	4.0
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	23.3
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	7.7
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.6
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	3.9
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	1.2

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	18.0
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	2.1
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	3.2
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	7.7
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	20.2
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	6.2
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.4
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.7
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.3
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	1.8
15062	Fish, pike, northern, raw	85.0	3.0 oz	2.1
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	0.8
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.2
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0.8
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	3.1
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	6.9
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	3.2
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	1.7
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	4.8
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	8.2
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	9.6
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	7.6
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	12.3
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	12.0
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	11.6
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	11.0
15083	Fish, salmon, pink, raw	85.0	3.0 oz	9.3
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	17.8
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	14.2
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	4.0
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	7.2
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	4.3
15090	Fish, scup, raw	85.0	3.0 oz	1.0
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	7.2
15094	Fish, shad, american, raw	85.0	3.0 oz	4.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0.5
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.7
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	8.7
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	11.0
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	8.8
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	4.6
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	14.1
15110	Fish, swordfish, raw	85.0	3.0 oz	11.8
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	3.2
15261	Fish, tilapia, raw	116.0	1.0 fillet	3.6
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	3.1
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	13.5
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	12.6
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	4.8
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.5
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	9.8
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.3
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	1.7
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	1.7
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	10.2
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	17.4
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	1.3
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	1.3
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.3
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.3
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.4
80200	Frog legs, raw	45.0	1.0 leg	0.1
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.1
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	0.0
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	0.0
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	0.1
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	0.2
42186	Frozen yogurts, chocolate	174.0	1.0 cup	0.2
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	0.2
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	0.0
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	0.0
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	0.0
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	0.0
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	0.0
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.0
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.0
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0.0
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	0.0
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	0.0
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	0.0
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	0.0
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	0.0
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	0.0
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0.0
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.1
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.2
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0.2
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.2
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0.2
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0.2
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.2
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.2
07031	Ham salad spread	15.0	1.0 tbsp	0.1
07026	Ham, chopped, canned	28.35	1.0 oz	0.2
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.2
07030	Ham, minced	28.35	1.0 oz	0.2
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0.4
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.3
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	0.1
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	0.1
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	0.1
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	1.8
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.6

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	0.1
19114	Ice creams, chocolate, light	68.0	1.0 serving	0.1
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	0.1
43541	Ice creams, chocolate, rich	148.0	1.0 cup	0.4
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.6
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	0.1
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.1
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.1
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	0.1
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	0.1
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.3
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	0.9
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.6
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	0.7
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	1.1
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	0.3
43497	Jellyfish, dried, salted	58.0	1.0 cup	0.0
22996	KASHI Three Cheese Penne, frozen, unprepared	269.0	1.0 Entrée	0.0
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.8
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	3.3
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.6
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	0.0
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	0.0
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.0
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.0
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.0
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.0
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.0
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.0
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.0
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.0
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.0
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.0
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.0
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.0
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.0
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.0
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.0
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.0
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.0
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.0
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.0
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.0
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.0
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.0
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.0
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.0
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.1
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	0.1
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.1
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.1
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.1
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.1
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.1
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.1
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.1
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.1
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.1
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.1
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.1
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.1
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	0.1
17224	Lamb, ground, raw	28.35	1.0 oz	0.0
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0.0
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0.0
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	0.0
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	0.0
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.0
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	0.0
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.1
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0.1
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.0
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	0.0
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	0.0
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	0.0
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	0.0
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.1
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0.0
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	0.0
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	0.1
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	0.0
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.1
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	0.1
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	0.0
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	0.0
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0.2
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	0.1
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.0
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	0.0
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	0.0
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	0.0
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	0.0
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	0.0
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.1
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0.1
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	0.1
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	0.0
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.1
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0.1
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.0
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	0.0
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.0
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	0.0
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.0
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	0.0
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.1
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	0.0
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	0.0
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.1
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0.1
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.1
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	0.0
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.1
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	0.1
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.1
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	0.1
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0.0
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	0.0
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0.0
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	0.0
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.2
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0.1
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	0.2
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	0.1
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.1
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0.2
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.1
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	0.2
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0.2
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.1
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.0
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.0
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.0
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.0
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0.0
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.0
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0.3
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	0.1
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	0.0
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.0
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	0.0
04002	Lard	12.8	1.0 tbsp	0.3
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	0.3
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	0.3
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.1
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	0.3
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	0.3
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	0.1
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	0.0
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.3
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.3
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.2
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0.0
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0.0
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	3.2
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.1
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.6
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.6
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	0.3
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	2.8
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	3.0
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	3.2
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	2.8
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	7.5
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	0.0
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	3.3
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0.0
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	3.4
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	0.6
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.0
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	3.0

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.4
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.0
01089	Milk, low sodium, fluid	244.0	1.0 cup	3.2
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	2.9
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	2.9
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	2.9
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.0
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	2.9
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.0
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	3.2
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.2
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	0.0
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.1
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.0
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.0
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	0.0
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0.0
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	0.0
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.0
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0.0
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.0
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.0
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.0
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.0
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.0
90560	Mollusks, snail, raw	85.0	3.0 oz	0.0
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.0
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	0.0
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	38.0	1.0 Patty	0.0
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	67.0	1.0 patty	0.0
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 Burger	0.0
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	0.0
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.0
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.0
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.0
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.0
11240	Mushrooms, morel, raw	66.0	1.0 cup	0.0
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.0
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.0
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.0
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.0
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.0
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.0
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.0
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.0
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.0
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.0
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0.0
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.0
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.0
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.0
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	2.5
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	2.5
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	0.1
07052	Pastrami, turkey	57.0	2.0 slices	0.1
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	0.3
19314	Pie fillings, canned, cherry	74.0	0.125 can	0.0
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	1.0
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	1.0
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	0.4
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.4
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.3
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.3
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	1.2
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.3
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.4
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.1
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.0
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.1
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.8
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.8
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.6
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.2
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.6
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.5
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	1.2
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	1.2
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.6
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.2
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.6
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.5
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.8
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.8
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	1.2
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.2
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.2
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	1.2
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.7
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.2
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.7
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.2
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	1.1
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	1.1
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	0.8
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	0.2
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	0.2
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	1.1
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.3
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	3.2
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	1.0
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	0.8
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	0.2

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.7
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	1.6
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	1.4
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.8
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.8
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.8
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.9
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	1.3
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	1.0
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.1
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.1
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	1.0
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	1.3
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.9
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.0
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.9
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	0.9
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	1.3
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	0.2
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0.7
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.1
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	0.8
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0.8
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.1
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.2
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	0.4
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.5
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.1
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0.3
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.3
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.5
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.4
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0.3

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.3
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	1.1
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.1
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	1.2
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.2
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.6
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.5
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.4
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.3
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.8
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.8
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.6
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.8
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.8
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.5
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0.5
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.8
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.7
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.4
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.4
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.7
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.7
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.5
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.4
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.6
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	1.0
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.4
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.3
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	0.3
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.3
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	0.8
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	0.7
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.5
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.4

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	0.9
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.4
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	1.2
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.5
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.8
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	1.0
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.6
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.7
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.7
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.4
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.8
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.8
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.5
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.6
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.5
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.9
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.6
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	1.5
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	2.5
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	1.5
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	1.2
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	1.1
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	0.9
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	1.3
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	1.5
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	1.3
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	1.0
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	1.0
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0.4
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.4
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.3

NDB_No	Description	Weight(g)		Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0		3.0 oz	0.3
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0		3.0 oz	0.3
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0		3.0 oz	0.5
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0		3.0 oz	0.8
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0		3.0 oz	0.3
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0		3.0 oz	0.8
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0		3.0 oz	0.3
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0		3.0 oz	0.6
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0		3.0 oz	0.3
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0		3.0 oz	0.5
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0		3.0 oz	0.6
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)		0.6
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0		3.0 oz	0.5
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0		3.0 oz	0.5
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0		3.0 oz	0.3
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0		3.0 oz	0.3
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0		3.0 oz	0.2
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0		3.0 oz	0.2
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0		3.0 oz	0.2
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0		3.0 oz	0.2
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0		3.0 oz	0.2
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0		1.0 chop	1.4
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0		1.0 chop	0.1
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0		1.0 chop	0.9
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0		3.0 oz	0.3
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0		1.0 chop	0.6
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0		1.0 chop	0.4
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0		1.0 chop	1.2
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0		1.0 chop	0.9
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0		1.0 chop	0.7
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0		3.0 oz	0.3
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0		1.0 chop	0.6
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0		4.0 oz	0.3
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0		3.0 oz	0.4

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.4
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.3
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.3
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	1.0
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.1
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.8
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0.4
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	0.7
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	0.8
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	0.6
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0.4
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.5
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.5
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	1.0
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.6
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0.9
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0.4
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0.9
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.5
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	0.8
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0.4
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0.9
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.7
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0.8
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	0.8
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.5
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.1
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0.8
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	1.4
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	1.0
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	2.0
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.5
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	1.4

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	2.2
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.9
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	2.0
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	0.0
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0.0
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0.0
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	0.9
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.7
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.4
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.4
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.5
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.2
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.2
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.1
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.1
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.0
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.6
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.6
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.4
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.4
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.0
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	3.5
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	0.6
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	1.4
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	1.4
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	1.3
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	1.6
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0.0
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	0.0
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0.0
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0.0
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	1.5
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0.0
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	0.0
43282	Quail, cooked, total edible	28.35	1.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	0.0
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.0
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	1.1
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	0.6
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0.0
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	0.0
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.0
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	0.0
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.1
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	18.3
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	16.2
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	0.1
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.2
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0.1
07951	Scrapple, pork	17.0	1.0 cubic inch	0.1
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	0.0
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	0.1
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	0.0
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	0.0
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0.0
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.0
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	0.2
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	0.0
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.0
01179	Sour cream, light	12.0	1.0 tablespoon	0.0
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	0.0
11658	Spinach souffle	136.0	1.0 cup	1.1
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.1
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.0
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	2.6
07973	Turkey bacon, microwaved	8.1	1.0 slice	0.1
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.0
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.3
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.3
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.3

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.3
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0.3
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.3
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.1
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.1
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0.3
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.1
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	0.0
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	0.5
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.0
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.1
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0.3
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.0
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	0.3
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	0.7
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	0.4
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	0.3
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.3
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.3
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.1
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.3
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.1
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.3
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	0.4
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.3
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.3
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0.6
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	0.3
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.1
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.3
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.1
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0.3
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.3
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.3

NDB_No	Description	Weight(g)		Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)		0.0
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving		0.3
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz		0.0
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked		0.0
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard		0.3
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart		0.0
05175	Turkey, heart, all classes, raw	24.0	1.0 piece		0.1
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	28.0	1.0 medium slice (approx 3" x 2" x 1/4")		0.0
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless		0.0
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver		1.0
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz		0.3
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz		0.3
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz		0.3
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast		1.7
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz		0.2
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz		0.1
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast		2.3
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz		0.3
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz		0.4
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz		0.1
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz		0.3
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz		0.3
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz		0.4
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz		0.3
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz		0.4
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz		0.7
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz		0.4
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz		0.6
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz		0.1
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving		1.2
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz		0.3
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz		0.3
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz		0.4
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz		0.2
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz		0.2

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.3
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0.3
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.3
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.3
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0.0
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.7
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.3
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.3
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.3
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	0.3
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.3
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.2
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.2
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.1
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0.1
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	0.3
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.1
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.3
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	0.0
93600	Turtle, green, raw	85.0	3.0 oz	0.0
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	0.3
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.0
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.0
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	0.9
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	0.7
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0.0
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	1.2
17142	Veal, ground, raw	85.0	3.0 oz	1.1
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	0.0
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	0.0
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.0
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	0.0
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	0.5
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0.5
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.9
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.7
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	1.4
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	0.0
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	1.0
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	0.0
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0.7
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0.6
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.0
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	1.1
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	1.3
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.8
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	1.0
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	0.0
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.0
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.0
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.0
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	2.0
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	2.2
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.0
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	2.2
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.0
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	2.2
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	0.0
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	2.2
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	150.0	5.3 oz	1.5

NDB_No	Description	Weight(g)	Measure	Vitamin D3 (cholecalciferol)(µg) Per Measure
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	150.0	5.3 oz	1.4
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0.0
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	0.0
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	0.0
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	1.5
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	1.4
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.0
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.2
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	0.0
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	2.0
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.0
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	2.0